**Bilježi u tablicu sve što si danas jeo/jela i pio/pila:**

|  |  |
| --- | --- |
| **DORUČAK** |  |
| **RUČAK** |  |
| **UŽINA** |  |
| **VEČERA** |  |

**Razmisli:**

**Je li tvoja današnja prehrana ZDRAVA ili NEZDRAVA?**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**